

Walk This Weigh Healthy Eating Guidelines

So far, we've only touched on nutrition - not because it's unimportant, but because getting started in the walking habit is the most vital element of the *Walk This Weigh* program. You should be comfortable and confident with your new walking routine before you even consider new eating habits. In fact, if you don't consciously alter your diet but simply walk as far and as fast as you comfortably can every day for the next 30 days, we guarantee:

- Your eating habits will improve.
- You'll lose fat weight

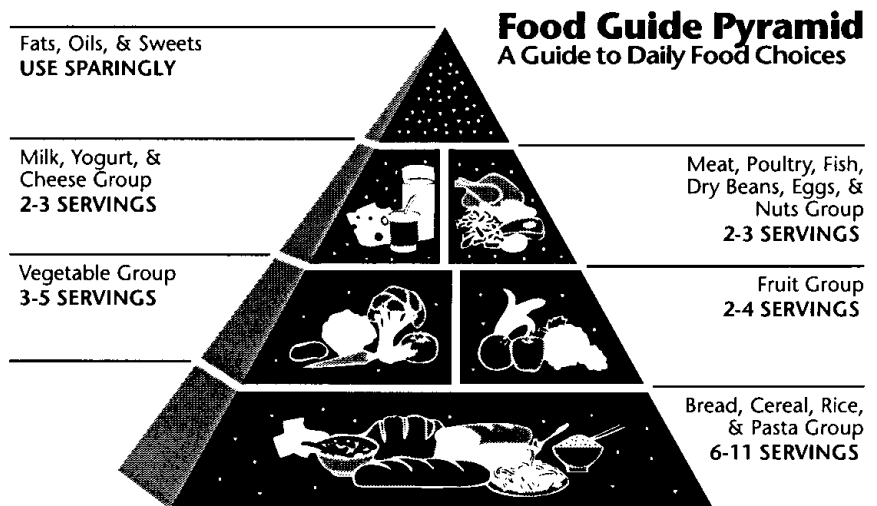
After a few weeks of consistent walking you can enhance your fat loss efforts with slight changes in your eating patterns. All of our suggestions are simple, straightforward steps. We won't ask you to count calories or fat grams, or learn complicated exchange tables. And you won't have to log every bite or shop for exotic ingredients to use in complex low-calorie recipes.

What you will do is set 1 simple, achievable nutrition goal each day and record it on your *Walk This Weigh Weekly Journal*. It can be as easy as trying a new vegetable, avoiding a high-fat late night snack, or trying a new healthy recipe. Whatever you choose, make it a meaningful yet attainable goal you can continue, not a short-lived, off-the-wall diet technique you read about in the checkout line at the supermarket.

From the Bottom Up — Healthy Eating With the Food Guide Pyramid

The USDA and Department of Health and Human Services outline 7 guidelines for a healthful diet:

- Eat a variety of foods
- Maintain a healthy weight
- Choose a diet low in fat, saturated fat, and cholesterol
- Include plenty of vegetables, fruits, and grain products
- Use sugars only in moderation
- Use salt and sodium also only in moderation
- If you drink alcoholic beverages, moderation is the key word here, too.



These 7 recommendations are best achieved using the Food Guide Pyramid as a model of healthy eating.

To be sure you get the minimum recommended servings, focus on the bottom 2 layers of the pyramid *first*. Simply eating enough vegetables, fruits, and grains may be all you need to reduce the fat and calories in your diet. But be aware of portions — review the serving size for each area of the pyramid on the following pages, and you'll see it's not that difficult to reach the suggested amounts.